

## Just the Facts... Jack!

- Millions of people get sick from dangerous bacteria in food every year.
- Public health data in 2000 show that there are more than 5 times the number of dangerous bacteria in our food than we were aware of in 1942.
- Many people don't link their illness to foodborne bacteria. They think they have a case of the flu.
- You can become sick anytime from 20 minutes to 6 weeks after eating food with some type of harmful bacteria.

Tip: Using a food thermometer is the only sure way of knowing if your food has reached a high enough temperature to destroy foodborne bacteria.

The Health Lady